

Recipe Name: KUTHIRAIVALI THINAI ADAI
Diet Type: Vegetarian
Course:
Cuisine: Indian
Quantity:



Description

Ingredients

Millet Base: $\frac{1}{2}$ cup Barnyard Millet (Kuthiraivali) and $\frac{1}{2}$ cup Foxtail Millet (Thinai). Lentils: $\frac{1}{4}$ cup Toor Dal, $\frac{1}{4}$ cup Chana Dal, and 2 tbsp Urad Dal. Spices for Grinding: 4–6 dry red chilies, 1-inch piece of ginger, 1 tsp cumin seeds, and 1 tsp fennel seeds (sombu). For the Batter Mix: 1 finely chopped onion, a handful of curry leaves, chopped coriander, and salt to taste. Optional: 2 tbsp grated coconut or a handful of drumstick leaves (murungai keerai) for extra flavor.

Preparation Steps

Soak: Wash the millets and lentils thoroughly. Soak them together (along with dry red chilies) in water for 3 to 4 hours. **Grind:** Drain the water and grind the mixture with ginger, cumin, and fennel seeds. Aim for a coarse, rava-like consistency rather than a smooth paste to ensure a crispy texture. **Mix:** Add the chopped onions, curry leaves, coriander, salt, and optional coconut to the batter. The consistency should be thick but pourable. **Cook:** Heat a griddle (tawa) and grease it with oil or ghee. Pour a ladle of batter and spread it into a slightly thick circle. Drizzle oil around the edges. **Flip:** Cook on medium heat until the bottom is golden brown and crisp. Flip and cook the other side for another 2 minutes.

Ingredients

Ingredient	Quantity
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No ingredients added.

Preparation

No preparation steps added.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
420	15	70	10	8	2